



ENVIRONMENTAL TOBACCO SMOKE AND CHILDREN

Would you allow your children to be exposed to these deadly chemicals?

Ammonia	Benzene
Formaldehyde	DDT/Dieldrin
Carbon monoxide	Vinyl chloride
Nicotine	Methane
Toluene	Cadmium
Hydrogen cyanide	Polonium-210
Arsenic	

Every time they are around cigarette smoke these are just some of the chemicals they are breathing. Environmental tobacco smoke (ETS), or secondhand smoke, is a mixture of sidestream smoke and exhaled smoke in the air. ETS is classified as a Group A carcinogen (cancer causing agent) under the Environmental Protection Agency's (EPA) carcinogen assessment guidelines.

ETS contains over 4,000 compounds, more than 50 carcinogens and other irritants and toxins¹. Children's exposure to ETS has been shown to cause sudden infant death syndrome (SIDS), respiratory problems, and chronic ear infections. Exposure to ETS, one of the leading causes of preventable death, takes place in the home, public places, worksites and vehicles. Each year in the United States, an estimated **53,000 deaths** are attributable to secondhand smoke breathed by nonsmokers².

**Each year 950-1,690 Hoosiers die
from others' smoking**

(ETS exposure or smoking during pregnancy*)

*<http://tobaccofreekids.org/reports/settlements/TobaccoToll.php3?StateID=IN>

Every day more than **15 million children** are exposed to ETS in the home³. Millions of doctor visits and thousands of hospitalizations occur due to children's exposure to secondhand smoke.

¹ U.S. Environmental Protection Agency (1989). Indoor Air Facts: Environmental Tobacco Smoke; Centers for Disease Control and Prevention.

² Glantz et al.(1995). Journal of American Medicine, 273, 13: 1047-1053.

³ CDC, "State-specific prevalence of cigarette smoking among adults, and children's and adolescent's exposure to environmental tobacco smoke-United States 1996", MMWR 46(44).

Almost half of Hoosier youth live with someone who smokes cigarettes. More than half of middle school and 75% of high school students reported being in the same room as someone who was smoking cigarettes in the past 7 days⁴.

Major Health Effects of ETS Exposure in Children⁵

Sudden Infant Death Syndrome	ETS causes irritation of the airways; maternal smoking is a risk factor for SIDS and lower birth weight
Acute and Chronic Respiratory Illnesses	ETS particles get into the airways and alveoli; can increase severity with irritation of the lungs; greatest impact occurs during first year of life
Asthma	Smoking during pregnancy may affect lung growth; ETS increases risk of lower respiratory infection
Middle ear disease	ETS exposure strongly linked with ear infections

- Children are affected more by secondhand smoke than adults because their bodies are still developing and can hinder the growth and function of their lungs.
- Hundreds of thousands of lung and bronchial infections are caused by secondhand smoke each year⁶.
- Children and infants exposed to secondhand in the home have dramatically higher levels of respiratory symptoms and respiratory tract infections⁷.
- Secondhand smoke exposure increases the number of new asthma cases and worsens asthmatic symptoms.
- Children of parents who smoke have an increased number of respiratory infections and symptoms and slower lung development⁸.

For more information about secondhand smoke and its harmful effects check out these websites:

<http://tobaccofreekids.org/research/factsheets>
<http://www.no-smoke.org/second.html>
<http://www.ama-assn.org/ama/pub/category/5120.html>

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⁴ 2000 Indiana Youth Tobacco Survey

⁵ National Cancer Institute, National Institute of Health

⁶ Centers for Disease Control and Prevention.

⁷ National Cancer Institute, National Institute of Health

⁸ Glantz S.A. Tobacco Biology and Politics: An Expose of Fraud and Deception. 1999.